



Create cohesive, high-performing teams that foster trust & connection through small group discussions.

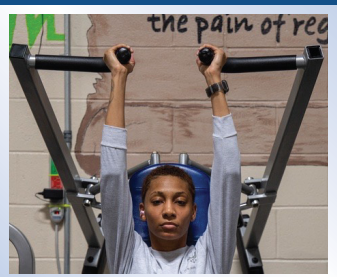


**BRIDGECHAT**  
DISCUSSION GUIDE

M A Y 2 0 2 5



U.S. Air Force Senior Airman Myron Harrison, 379th Expeditionary Civil Engineer Squadron structures specialist, celebrates during Rumble in the Deid IV within the U.S. Central Command area of responsibility, March 7, 2025. The biannual boxing competition showcased the culmination of 90 days of training, resilience, and camaraderie exhibited by 40 competitors. (U.S. Air Force photo by Airman 1st Class Robert Nichols)



**Precision, excellence and strong teamwork fuel the engine of the United States Air Force.**

– Gen. Mark A. Welsh III

**If we can be better today than we were yesterday, and we do that every single day, we're absolutely going to have a winning team.**

– Gen. Kenneth S. Wilsbach, COMACC

## POWER IN PERFORMANCE

We all know that being in Air Combat Command demands peak physical strength, but true performance goes beyond just muscle. It also involves mental resilience, discipline, and the ability to push through our collective and individual challenges. Whether it's tackling a new mission, leading a team, or overcoming personal setbacks, performance fuels our success. In ACC, we don't just train our bodies; we train our minds to be sharp, adaptable, and ready to do our part to guarantee mission readiness and lethality.

Power in performance is built through daily effort, making us stronger and prepared for any challenge. It's the self-accountability and commitment to everything we do. It's the self-discipline to fuel our bodies with nutritious food and commit to every workout, the mental toughness to recognize when rest is necessary while still pushing through fatigue, and the composure to remain steady under pressure. Performance is more than meeting fitness standards – it's about being ready for whatever fight comes our way.

Let's dive into the key elements that drive our strength and readiness:

**Mental Resilience** – Just as we build physical endurance, we must also train our minds to stay sharp under pressure. Embrace challenges as opportunities for growth, learn to adapt to stressful situations, and utilize mental fitness resources such as going for a run or walk, practicing yoga or tai chi, meditating, exploring mindfulness apps, engaging in puzzles, or learning a new language. Cultivating a strong mind fuels a strong body.

**Emotional Strength** – Emotional Strength is the engine of resilience in ACC. It's about consciously choosing the hard work of training, the hard conversations necessary for team cohesion, and the hard decisions required in critical moments. We choose these challenges because we understand that growth and resilience are forged in the fires of demanding experiences. Don't just tolerate the work – embrace it. Understand its purpose, connect it to our mission, and let it fuel your development as a warrior and a leader.

**Professional Excellence** – Just like a warrior trains their body, we must continuously develop our skills. Stay committed to learning, hold yourself accountable, and push for improvement. Preparedness and consistency ensure we're always mission ready. In ACC, we are all warriors.

**Team Mindset** – Strength isn't just about personal success—it's about lifting each other up. Mentor, collaborate, and empower your teammates. When we perform at our best together, we create a force that is unstoppable. True power is not a solo mission; it's about relying on your teammates. Encourage open conversations and build a team that is unbreakable. Remember, a resilient force stands together, no matter what life throws our way.

At its core, performance is a personal journey. It begins with a mindset—one that embraces goal setting, demands accountability, and values every step of the progress, no matter how small. Whether you wear the uniform or serve in a civilian capacity, your dedication fuels the mission. Challenge yourself, push beyond your comfort zone, and remember true strength lies not just in raw power, but in the unwavering resilience and determination to keep moving forward.

## WATCH...

### DVIDS - Video - Physical Resilience

Physical resilience, one of four resilience domains, directly impacts emotional well-being. It's not just about exercise and healthy habits, but understanding that physical health forms the foundation for social, mental, and emotional strength. (Physical Resilience, video by SrA Colin Perkins)

### DVIDS - Video - AASAB chaplain fireside chat

At Ali Al Salem Air Base, Kuwait, Chaplain (Maj.) Jeff Simpson addressed maintaining resilience, emphasizing the four pillars of Comprehensive Airman Fitness: mental, physical, social, and spiritual. Balancing these, especially while deployed, is key to Airmen's strength (U.S. Air Force video by Senior Airman Devan Halstead)

## DISCUSS...

1. How do you define personal performance beyond physical fitness, and what daily habits help you stay mentally and emotionally strong?
2. Can you share a time when mental resilience helped you overcome a challenge, either in your professional or personal life? What did you learn from that experience?
3. What strategies or resources have you found most helpful in balancing physical fitness, emotional strength, mental resilience, and professional excellence, and how can we better integrate them into our daily routines?
4. How does a strong team mindset contribute to mission readiness, and what role do you see yourself playing in strengthening our unit's performance?





# Air Combat Command INTEGRATED RESILIENCE

SUPPORTING OUR TOTAL FORCE AIRMEN AND FAMILIES



## PREVENTION TAKES ACTION

Learn new skills to improve your well-being such as self-care and resilience, healthy relationships, meaningful connections, effective communication. Act in ways to show your family and Airmen that you care and they matter. Proactive behaviors can be small things that create a positive culture in mitigating risks.

## RECOGNIZE SIGNS OF DISTRESS

- Mood changes, such as depression or anxiety
- Irritability, agitation or anger
- Sleep difficulties
- Withdrawing from social activities, family, friends or others
- Lack of interest in activities that were previously enjoyed (hobbies, work, etc.)

## ASK CARE ESCORT

Directly **ASK** the individual if they are having thoughts of death, self-harm, or suicide.

**CARE** about their answers. If they hesitate, or seem uncertain, ask follow-up questions to convey that you care about their well-being.

If the individual is having thoughts of suicide or needs help, **ESCORT** them to a qualified professional or leadership.

## GO SLO

If someone demonstrates signs of distress, consider their access to **LETHAL** means including firearms, medications or other means of fatal methods. Airmen should remember **SLO** – use **SAFES**, **LOCKS** or store mean **OUTSIDE** of the home.

**SMALL STEPS SAVE LIVES.**  
[www.resilience.af.mil](http://www.resilience.af.mil)

HELPING RESOURCE	COMMANDER/ SUPERVISOR	MILITARY & FAMILY READINESS CENTER	MILITARY ONESOURCE/ MILITARY FAMILY LIFE COUNSELOR (MFLC)	CHAPLAIN	CIVILIAN EMPLOYEE ASSISTANCE PROGRAM	MENTAL HEALTH (MH) CLINIC	EMERGENCY ROOM
<b>CONTACT:</b>							
<b>CAN ASSIST:</b>	All	All	Military and Family Members	All (full confidentiality)	Civ/NAF	Military	All
Suicidal Thoughts	✓		✓	✓	✓	✓	✓
Relationship Problems	✓	✓	✓	✓	✓	✓	
Loneliness/Isolation	✓	✓	✓	✓	✓	✓	
Workplace Stress or Problems	✓	✓	✓	✓	✓	✓	
Alcohol/Drugs	Must report to ADAPT			✓	✓	✓	
Fatigue/Sleep	✓		✓	✓	✓	✓	
Anxiety/Panic Depression	✓			✓	✓	✓	
Grief and Loss	✓	✓	✓	✓	✓	✓	
Deployment	✓	✓	✓	✓	✓	✓	
Finances/Budget	✓	✓	✓ (One Source)	✓	✓		
Retirement/Separation	✓	✓	✓	✓	✓	✓	

## ASK. CARE. ESCORT. QUESTIONS THAT CAN SAVE A LIFE

ANSWER QUESTIONS 1 AND 2	IN THE PAST MONTH	
	YES	NO
1. Have you wished you were dead or wished you could go to sleep and not wake up?		
2. Have you actually had any thoughts about killing yourself?		
IF YES TO #2, ANSWER QUESTIONS 3, 4, 5 AND 6. IF NO TO #2, GO DIRECTLY TO QUESTION 6		
3. Have you thought about how you might do this?		
4. Have you had any intention of acting on these thoughts of killing yourself, as opposed to you have the thoughts but you definitely would not act on them?		
5. Have you started to work out or worked out the details of how to kill yourself? Do you intend to carry out this plan?		
ALWAYS ASK QUESTION 6	IN THE PAST 3 MONTHS	
6. Have you done anything, started to do anything, or prepared to do anything to end your life? Examples: Collected pills, obtained a gun, gave away valuables, wrote a will or suicide note, held a gun but changed your mind, cut yourself, tried to hang yourself, etc.		

ANY **YES** MUST BE TAKEN SERIOUSLY. SEEK HELP FROM A FRIEND, CO-WORKER, CHAPLAIN AND INFORM YOUR SUPERVISOR/OTHER MEMBER IN YOUR CHAIN OF COMMAND AS SOON AS POSSIBLE

- If the answer to 4, 5 or 6 is **YES**, immediately **ESCORT** Wingman to the nearest Chaplain, Mental Health Provider, Unit Leader or Emergency Department.
- **DON'T LEAVE YOUR WINGMAN ALONE** even to go to the bathroom.
- **STAY ENGAGED** until you make a warm hand-off to someone who can help.

**MILITARY CRISIS LINE 1 (800) 273-8255 24/7 - 365**